

December Senior Center Gazette 2003

Fremont Senior Center Holiday Activities

Monday, Dec. 1, 9:00 am
Decorate the Center
Hot cider & cookies

Monday, Dec. 8, 5:30 pm
Our Evening Out

WINTER WONDERLAND

For caregivers of frail seniors
and frail seniors

Delightful dinner & entertainment
Donations of \$5 gratefully accepted.
RSVP by Dec. 3 to Monica, 574-2057.

Wednesday, Dec. 10, 1:00 pm
Joy of Music, Yuletide
George Ryder, Sponsored by
Home Instead Senior Care

Put on your festive wear and join us
for **Holiday Lunch & Dancing!**

Tuesday, Dec. 16, 12:00 noon
Holiday Lunch

Rib Roast, Baked Potato, Salad,
Vegetable, Dessert

\$5 members, \$6 non-member seniors
\$7 "youngsters" under 55

Thursday, Dec. 16, 1:30 pm
Holiday Dance - \$6
"The Classic Three"

Superb music, raffle, refreshments

Friday, Dec 19, 1:00 pm
Holiday Singing

Alsion Middle School Students

Monday, Dec. 22, 9:00 am
Grandparent's &

Grandchildren's Breakfast

\$5 members, \$6 non-member seniors
\$3 children under 12

Entertainment by the Prince of Peace
Lutheran Church Bell Choir

Pictures of guests & Santa Claus
Sausage, Ham, Bacon Eggs, Hash
Brown Pancakes, Syrup, Jelly

No lunch served today.



COMMUNITY SERVICES

SENIOR SERVICES.....574-2050

Coordination of services for homebound seniors

Companions for Life (Medical Alert Program)

Local van group trips for shut-ins.....574-2082

Tri-City Elder Coalition.....574-2064

LIFE ELDERCARE.....574-2090

Caregivers Support.....574-2035

Home Services Registry.....574-2095

Meals on Wheels.....574-2092

Friendly Visitor Program.....574-2097

TRANSPORTATION ASSISTANCE

AC Transit Information*.....511

City of Fremont Paratransit Program.....574-2053

East Bay Paratransit Program.....1-800-555-8085

HOUSING ASSISTANCE(OFFICE OF NEIGHBORHOODS).....494-4500

LEGAL ASSISTANCE FOR SENIORS.....1-800-393-0363

SOCIAL SECURITY.....1-800-SSA-1213

MEDICARE.....1-800-952-8627

MEDICARE & INSURANCE COUNSELING(HICAP).....839-0393

TRI-CITY HEALTH CLINIC.....713-6685

SENIOR LIBRARY SERVICES.....745-1499 or 745-1491

SENIOR PEER COUNSELING.....574-2063

ALZHEIMER ASSOCIATION HOTLINE.....1-800-660-1993

*511 is a new toll-free voice activated phone service. Call 511 for
information on AC Transit BART, road conditions and trip planning.

Advance Health Care Directive Workshop by Legal Assistance for Seniors Tuesday, December 9, 1 pm

At this program we will:

- Talk about what an Advance Health Care Directive is and why it is important to have one.
- Discuss the importance of making your healthcare wishes known now, in case of serious illness in the future.
- Help you fill out and notarize the Health Care Advance Directive Form.

An Advance Health Care Directive allows you to appoint an agent who can speak for you if you become unable to speak for yourself. This person can be a family member, friend or other person you trust who is 18 years or older.

Please bring the following information with you to the workshop:

- Names, addresses, & phone numbers of people you want to appoint as your agent & alternate agents.
- A California ID or driver's license for the notary who will notarize your Advance Directive if you complete the workshop.
- \$2 to cover cost of form.



December Birthday Party

Friday, Dec. 12, 1:30 pm

Senior Center Singers

Irvington High School Singers

Everyone join in the singing, even if December is not your birthday month. Cake, ice cream, and coffee will be served in the dining room after the show. Prizes will be awarded in a drawing from the names of seniors present that have birthdays in December. Prizes have been donated by Kathy's Floral Design in the Walnut Plaza, Retirement Inn, Cookies by Design, Rose's Mortuary, and the Builder's Fund, which also provides the entertainment.

**The Senior Center will be closed
on Tuesday, Dec. 23, 2003 and
reopen on Monday, Jan. 5, 2004.**

HAPPY NEW YEAR TO ALL!



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.

